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The CARE OF THE HAND

WILLIAM A. WOODBURY

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THE
CARE OF THE HAND

A Practical Text-book on Manicuring and the Care of the Hand

FOR PROFESSIONAL AND PRIVATE USE

BY

WILLIAM A. WOODBURY
DERMATOLOGIST

AUTHOR OF "BEAUTY CULTURE," "THE CARE OF THE HAIR AND SCALP," "HAIR DRESSING AND TINTING," "THE CARE OF THE FOOT," "THE CARE OF THE FACE," "HOW TO GET THIN AND HOW TO ACQUIRE PLUMPNESS," ETC.

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—to whose soft seizure
The cygnet's down is harsh, and spirit of sense
Hard as the palm of ploughman.
—*Shakespeare.*

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The Care of the Hand

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INTRODUCTORY.

With his hand and brain man has made himself master of the world. It is true without the brain the hand could have done little, but it is a question how much the brain could have accomplished without the fingers to work its commands. Whatever might have been, the hand is next to the brain and has become the highest developed and specialized part of the human body.

The ideal hand is soft and white with tapering fingers and enough plumpness to cover the sinews and bones, yet not plumpness enough to suggest pudginess. The hand itself should be white, but the finger tips should have a warm rosy tinge, the nails partaking of this pinkish color. The nails should be long enough to project the slightest bit beyond the padded cushion of the finger tips and should be daintily rounded or pointed, the half moon—beauty sign of the perfect hand—showing at the base of each nail.

Nothing adds more to the realization of womanly perfection than smooth, white, well-formed hands, the fingers of which are adorned with shapely nails carefully trimmed and manicured.

The nails are transparent, hardened developments of the epidermis or outer skin. In good health they assume a pink tint, due to the color of the underlying tissues. When, however, the blood is in an anemic condition they are frequently very white.

The development of the nails depends largely on keeping in good health; during ill health the nails grow

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thinner, transverse ridges form and often they dry out and split and crack.

It is not enough to have beautifully manicured nails. The hand itself must be exercised and treated to keep the muscles taut and the flesh firm. The hands are a great give-away of age. There is something about the skin and the veins of the hands that show the advancing years often before it is noticed in the face.

It has been said that the Hand is to the thought what the Face is to the emotions and that character can be told by the hands quite as much as from the face. In her hand every woman possesses a power that when developed and trained wields a most subtle fascination.

It has also been said that as the Hand is structural and its type is hereditary it cannot be changed, but it is only necessary to note the hands of some of the most clever and beautiful women to appreciate that beauty does not always lie in the shape but quite as frequently in the power and individuality it expresses. It is a fact that the hand can be made a thing of marvelous fascination simply by training and cultivation.

Van Dyck, among the early Dutch painters, was a most enthusiastic exponent of beautiful hands and in many books written about his work it is stated that he had a model with the most beautiful hands accompanying him on his travels through Italy and other parts of Europe in order that he might always have his favorite type to sketch from when needed.

It is among the Latin races, those who represent the physical more strongly than the mental, that you see the finest hands. The French women have the most beautiful hands in the world; the Italian women come next, but it is generally believed that American women

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are rapidly taking their place in line with a wholly new type, created by the admixture of blood of different nationalities, which will show not only strength and character, but grace and beauty as well.

Opinions may differ over dignifying palmistry by classifying it as a science, but there can be no doubt of the lively interest manifested in all ages in the attempt to read the hand.

Job declared that "God has placed signs in the hands of all men, that every man may know his work."

Palmistry was studied by some of the ancient Greek philosophers, and Alexander the Great is said to have been presented with a book on the subject, written in gold letters. As this little book is offered as a guide to the proper modern care of the hand, no attempt will be made to describe the alleged meaning of its lines and markings, though a knowledge of the subject if judiciously used would add piquancy to the conversation of the operator and probably be interesting to a great many patrons.

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THE HAND

CHAPTER I.

STRUCTURE AND TREATMENT OF THE HAND.

The Anatomy of the Hand—Characteristics of the Several Fingers—Difference Between the Right and the Left Hand—Treatment of Cold or Damp Hands—Exercising the Hands—Massage—Treatment of Enlarged Joints—Of Twitching Hands—Of Hardened Hands—Of Periodical Peeling of the Hands—Of Chapped Hands.

SINCE manicuring (which signifies "care of the hands," and not, as popularly understood, of the nails alone) is in greater demand than any other operation in Beauty Culture, and since it is the simplest of the processes, it is expedient to begin our treatise with its discussion.

ANATOMY OF THE HAND.—First of all, it is necessary to learn the anatomy of the hand in general, and that of the finger and nail in particular.

The hand consists of the digits or fingers, and the metacarpus or palm, which is connected with the forearm by the carpus or wrist.

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In Figure 1 will be found the names and locations of the various fingers, fleshy protuberances, lines and folds, etc.

DIFFERENCES BETWEEN THE FINGERS.—The different lengths of the fingers are explained by Gall Humphrey, M. D., of Cambridge, England, by their adaptation to

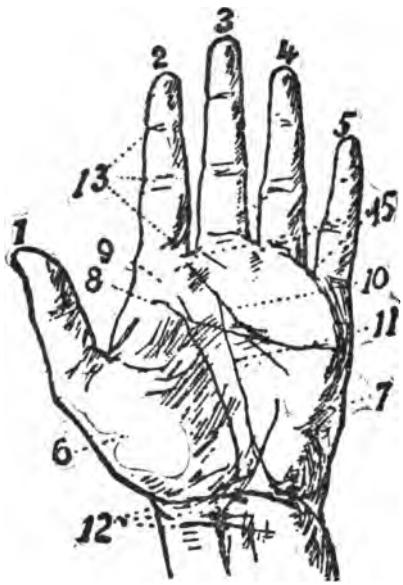

Fig. 1

THE PARTS OF THE HAND

1. Pollex, or thumb. 2. Index, or forefinger. 3. Medius, or middle finger. 4. Annularis, or ring-finger. 5. Auricularis, or little finger. 6. Thenar eminence, or ball of the thumb. 7. Hypothenar eminence, or heel of the hand. 8. Linea vitalis, or line of life. 9. Linea cephalica, or line of the head. 10. Linea mensalis, or line of the heart. 11. Linea fortunæ, or saturnine line. 12. Rasceta, or wrist markings ("bracelets"). 13. Nodes, or finger knots. 15. Interdigital folds.

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the amount of mobility of their metacarpal bones on the wrist.

Thus the middle finger is the largest, its metacarpal being the most fixed. The forefinger ranks next, its metacarpal being more movable. Then the ring finger and the little finger come next in size and in the mobility of the metacarpal. The thumb, shortest, has its metacarpal much more movable.

"Observe," says Dr. Humphrey, "that when the fingers and the thumb are spread out, the space between thumb and forefinger is considerably greater than the space between the other fingers. Then, by a slight movement, the thumb takes a position in front of, or opposite to, the fingers. In grasping any substance it has to antagonize the pressure exerted by all the fingers. Hence it needs to be much stronger than they are, and to be wielded by more numerous and powerful muscles."

"The forefinger has the greatest range of independent movement." Hence it is used to point with (or beckon with), and is called the index or indicator, more commonly the former.

"The ring finger cannot be bent or straightened much without being accompanied in movement by one or both of those next to it. This is partly because the extensor tendon is connected," says Dr. Humphrey, "by means of a band of fibres with the tendon on either side." In other words, there is a remnant of the webbing, so curiously found still persisting in the toes of the Russians as will be hereafter noted in the discussion of chiropody.

This finger with less independence of movement was not chosen on that account, as might be humorously imagined, to bear the ring that symbolizes that state in which men and women generally lose their individual mobility, but it was probably selected because the enforced com-

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panionship of the other two fingers, when it moves, gives it a comparative immunity from injury, which is further increased by the general, though not universal practice of selecting the ring finger of the left hand. Possibly, however, the fact that the heart is on the left side had much to do with the choice of the left hand as the bearer of the engagement and the wedding ring.

It is well for the manicurist who may be called on to treat the whole hand as well as the nails of a patron to understand thoroughly the bony and muscular structure and the varying degrees of mobility in the fingers and their relations to each other, particularly, for instance, the special connection between the ring finger and its "side partners," so that, in massaging or in casual manipulations of the joints and tendons, the operator may avoid rubbing or pulling against the grain, so to speak, and so setting up a sensation of slight lameness, instead of restfulness, in the delicate hands of a patient.

Since the right hand is more in use than the left, it follows that nail growth and texture is more subject to accident; although the nail, partaking of the condition of the skin of the hand, might be firmer. If the patron has any manual occupation, is, for example, one who uses the pen constantly or any tools that tend to flatten the tips of the fingers and to spread the nail, extra attention to the manicuring of the nails of the hand most in use will be indicated, in order that this tendency may be held in check.

Temperature of the Hand.—Temperature of the hand is a matter to be noted by the manicurist, especially that of her own hands, since a cold or damp hand is unpleasant to a patron and might suffice to drive some away after one sitting.

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Where coldness of the hands or feet or both at once is chronic, it is because the blood is not circulating properly through the system, a condition which the manicurist should seek to overcome or prevent in herself and strive to overcome in a patron, by suggesting regular exercise of the fingers and wrists, or exercises of the arms, both mild and persistent, or, in extremely obstinate cases, by advising her to consult a first-rate physician. Most cases, however, can be easily cured.

Exercise of the Hands.—Since the functions of the hand are prehension, or grasping, and testing by the sense of touch, which is specially developed in the finger tips, the manicurist should take care not to impair these functions, but rather to develop them. The muscles should be rendered strong and flexible by exercise, either with gymnastic appliances, such as the gripping and wrist machines, or by exercise without apparatus, as described in books and magazines relating to physical culture. In gripping there is a striking difference between the masculine and feminine hand, the power of the man increasing with each successive trial until the maximum strength is exerted at the fourth or fifth trial, and thereafter diminishing, and the power of the woman beginning with the first trial as the maximum and thereafter decreasing. This shows greater initial nervous energy in the woman and less staying power. Women, therefore, should strengthen the hand by gripping exercises until the power shown in the first trial continues undiminished for several repetitions.

Massage of the Hands—Plumpness and shapeliness of the hands, as well as their flexibility can be greatly increased by massage, the general principles of which will be presented later in the discussion of Facial Mas-

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sage. The student is to understand that massaging of the hands runs on an exactly opposite line to the direction given for the massaging of the face. The movements are to be mostly downward toward the finger tips, with intermediate light strokes or gentle pulls and pinches across the back of the hand, and only a few very delicate upward strokes toward the finish. The inside, or palm, is to be massaged toward the fingers also, with interspersed rotary movements toward its middle point.

In this massaging, the use of a little pure olive oil will be found helpful.

ENLARGED JOINTS.—Massaging is especially helpful in treating enlarged joints, not so much in actually reducing their size as in building up the other parts of the hand and so giving it a symmetrical appearance.

Enlarged joints are more frequently noted in men than in women. They are often accompanied with pain or an annoying numbness.

The causes are various, and, therefore, various treatments or combinations of treatments must be undertaken.

Where the enlargement is due primarily to a person's former or present occupation, nearly always the most that can be done is by long-continued massaging of the adjacent tissue, as well as by gentle manipulation of the joints themselves, to bring out the rest of the hand to such a fulness of contour that the enlargements do not seem quite so prominent.

If the chief enlargement is that of the first joint of the thumb—a very common disfigurement—the problem is to build up the tissue between the thumb and forefinger especially, and to some extent on the outer side of the thumb, where it joins the wrist.

In this case the patron should be made to hold out

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the hand as straight as possible, with the thumb close to the forefinger or slightly curving under it. The operator then, putting her middle and ring finger in the palm of the patron's hand, maintains a firm but slight pressure upward and a little outward toward the offending joint, and with her thumb softly pushes the flesh on the back of the hand; that is to say, the little hillock that is formed between the thumb and the knuckle of the forefinger.

These pushes never should be hard, and at the first operation from twenty to thirty are enough. By practice on her own left hand the operator will readily catch the mode of doing it.

In manipulating the smaller joints, care should be taken not to use much pressure or you may enlarge them still more. A continuity of gentle movements is far more effective finally than vigorous manipulation.

Some of these cases will demand weeks of treatment to overcome or to lessen the deformity. The time spent on each treatment should usually be not more than half an hour, and at the first few sittings not more than a quarter.

Where the enlargement is due to chalky deposits, it is apt to be painful, rendering the person extremely nervous or "fidgety." Such cases you should turn over at once to a physician for internal medication, simultaneous with your scientific massaging.

Tartar-lithine tablets act with good results in less severe cases, but in many persons a long course of internal medication, coupled with great care as to one's diet, the cutting down of meat, especially beef, to a minimum, abstemiousness in the use of coffee or tea, and absolute abstention from all drinks that contain alcohol, will be found necessary to effect a complete cure.

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TWITCHING HANDS.—Massage is also beneficial in the case of twitching hands. Many persons who otherwise exhibit no special sign of nervousness have hands that twitch noticeably, without their being always aware of it and of the effect of awkwardness that such a manifestation of misplaced energy produces. Others have a trick of twiddling their thumbs, which may be excellent exercise for those valuable members, but is not a pleasing sight. Massaging of the hands tends to eradicate both of these forms of abnormal activity, and also tends to check the flow of unusual perspiration that often accompanies the twitching habit. After thoroughly massaging hands of this kind, a little very fine cornmeal or rice powder should be rubbed on them. The patron should repeat this rubbing just before going to bed.

HARDENED HANDS.—Sometimes even the best-kept and handsomest hands quite unaccountably show a disposition to harden and take on a rough, coarse feel. In such cases olive oil or cocoanut butter, rubbed in twice a day, will generally restore them, but for softening them, in cases of persistent hardening, the following formula is recommended to be used twice a day for a week and then once a day till relieved:

℞ *Tincture Benzoin* ..... *2 drams*
Alcohol ..... *3 ounces*
Water ..... *5 ounces*

PEELING OF THE HANDS.—Persons with very delicate or with very active skins are occasionally afflicted with periodical Peeling of the Hands. Sometimes this begins with small water blisters, but is often quite dry, the scarf skin turning white in small patches.

It may run up under the sides of the forefinger and

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at times appear on the outside about the nails, with some inflammation of the adjacent skin, and a slight prickly and burning sensation.

It may occur only twice a year; then again as often as every three months.

A week of simple treatment usually suffices to banish it, but the fact of its periodicity indicates a constitutional condition, or an idiosyncrasy, that makes advisable, in most cases, constitutional treatment by a physician.

The simple treatment which the manicurist may give, in connection with gentle massaging, is first a washing of the hands in soft water, moderately warm, careful drying with the softest possible towel, and then a rubbing in of olive oil or of a little lanolin. The lanolin should not be rubbed on the back of the hand, as it has a slight tendency to stimulate and to darken a growth of hair.

Then the patron should be advised to wear a somewhat loose glove, never a tight one, and at night, after a careful washing of the hands with warm water and castile soap, to rinse them twice or thrice in warm water, dry them and anoint them with olive oil, wearing to bed a loose glove that has the finger tips removed.

If the peeling is accompanied with much inflammation about the ends of the fingers or in the crevices of the joints, the patron must be advised to have a physician prescribe some internal treatment or some special salve, probably one of a mercurial kind.

Simple vaseline, which is often used by persons themselves who do not wish to bother with special treatment, does not appear to have any particular penetrative or curative potency, but simply prevents temporarily an irritation of the exposed surfaces by particles of dust getting into the crevices.

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Capsicum vaseline, on the other hand, may have some stimulating effect; but, unskilfully applied, is likely to prolong the condition.

CHAPPED HANDS.—Every one who does anything in winter that exercises the hands outdoors, whether wearing gloves or not, is liable to chapping. To find the right blend for cleansing and softening the hands without making them too tender for active use in cold air has been for centuries the dream and aim of soap makers. Chapped hands are in reality soiled hands; hands where the dirt has worked in and set up irritation. Many a toilet table, by the variety of "lotions" it displays, proves how hard its owner has tried to find just the one most effective. Once in a while, for a while, a lotion will "fill the bill," but it may be so continuously costly as to be deterrent.

There is, however, a thing so simple and cheap as to be within reach of all—cornmeal. The Indians used this centuries ago, and New England country women have done so for two hundred years, substituting milk for the grease—bear's grease—added by the aborigines. Oatmeal would do fairly well, but cornmeal is better.

Mix it with a little fine soap (castile) and warm water. After a thorough washing, rub in a little olive oil or lanolin or vaseline and then wipe off. With half a dozen nights of such treatment even the chapped hands of a devoted golfer will usually heal. Should they still be obstinate, rub in at night a little lime juice or lemon juice to complete the process of healing. Night is the best time, because the hands then have a longer exemption from exposure to cold and so the healing process has a better opportunity to take hold.

Always wipe hands perfectly dry after washing them and press down, and gently back, the skin around the

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nail with the towel. This last will prevent the development of hangnails.

After the cornmeal washing with warm water at night, a cornmeal wash with cold water in the morning is advised. On general principles, after ordinary washing in warm water, cold should be used to harden the hands and enable them to cope with cold air. Wash for several minutes in hot water after the oil, lanoline or vaseline has been rubbed in. Then dry carefully.

Meal does by mechanic action what soap does by chemic, and does not burrow into the flesh like most soaps. The practice of greasing the hand under the notion that it feeds it is one of dubious value, but the occasional rubbing in of olive oil—absolutely pure—is beneficial in many cases, both to nails as well as hands, and will do much to prevent their chapping. Plump hands, however, rarely need such treatment; their supply of natural oil is abundant enough.

The wearing of the same pair of gloves for more than a week, unless these are turned inside out and chemically cleaned, tends to render the hands soiled in grain, and hence liable to disease. Gloves accumulate dirt even from hands kept immaculately clean, as can be seen by a cursory glance at their insides after they have been worn for several weeks.

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CHAPTER II.

STRUCTURE OF THE FINGER NAIL.

Antiquity of the Care of the Nails—Blunders of Modern Manicurists—The Anatomy of the Finger Nail—Varieties of its Natural Forms—Its Artificial Shapes, Correct and Incorrect.

THE care of the nails has been for ages one of the surest marks of every serious collective attempt at civilization. Far beyond the period when regular history begins to merge into tradition and folklore, the women of the East paid great attention to the cultivation of their nails; took pride in the shape, color, and lustre of their "phalangeal appendages," as one learned writer terms the pretty things that originally were claws.

As Oriental civilization became more artificial and complex, many took to coloring their nails by insertion of organic dyes into the matrix of the nail at its upper or free edge, where the cuticle ends. Before then they had been content with external painting or staining of the nail with various pigments; black, red, and purple being mostly used, though gilding was also done.

In some countries the shape of the nail signed the social status of the individual. Long nails denoted persons of high birth or those who had themselves achieved such high rank as to entitle them to especial length of nail. Extreme care was taken by such to protect each nail, the finger tips being enclosed in a gold or silver

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sheath, lined with soft material, when the long-nailed personage was not receiving visitors of equal or greater importance or attending social or official functions.

In Mexico and China to this day long-nailed grandees are frequently met who observe these precautions, and, even in this country, Chinese "merchant princes" are occasionally encountered who are thus distinguished. The writer met one some years ago in San Francisco who had nails about three inches long. Dr. Wolff, a famous traveller in the Orient seventy-odd years ago, reported that the dervishes in some parts of Asia were in the habit of letting the thumb nail (the strongest of our nails) grow long, and then paring it to a point so as to use it for a pen. He repeatedly saw this done and secured copies of things written that way—"thumb-scripts."

Evolution of the care of the nails has not been rapid with us in the mass, although many individual Americans from colonial times have been noted for the elegance of their finger tips; being, in the phrase of the Roman poet, Horace, describing a man of high social finish—*politus ad unguem*—polished to the nail point.

But, although popular manicuring is a comparatively recent art, it has been growing so rapidly that soon there will hardly be a hamlet in the land where a manicurist cannot be found.

One of the evils attendant on so rapid a spread is, and must be until correct instruction is thoroughly disseminated, that a vast number of incompetent manicurists will inflict injury, in some cases irreparable damage, on the nails of the rising generation of beautiful girls and well-handed young men. They are already doing it in many quarters.

About the time the first manicuring parlors were es-

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tablished in New York, a man who perhaps knew more about hoofs than hands engaged a bevy of good-looking girls, taught them what he called the art, and set them to scraping and thinning down the nails of customers just as horses' hoofs are pared for shoeing. Needless to say, the nails of the customers were ruined, while the blockhead with his bluff amassed a considerable fortune.

Such cruel crudity, of course, would not succeed now, but it is unfortunately true that a vast majority of present manicurists have no true understanding of their business, being deplorably ignorant of the fine points that make for a speedy and a permanent success and apparently believing they have fulfilled their mission when they make their patron's nails retain for a few days a noticeable shine. They ought to take down their sign "Manicurist" and hang up instead one labelled "Nails Shined Inside."

Anatomy of the Finger Nail.—First of all the manicurist should have a thorough knowledge of the anatomy and physiology of the nail—just what its structural relations are to the finger, how it receives its nourishment, and what is its process of growth.

The nail is continuous with the cuticle or scarf skin of the finger and closely bound to it beneath the free edge, back of the nail, and at the base or root in front of the nail. It is a horny product, made up of flat scales of great number, arising from the matrix or true skin situated below its body and root.

It varies in shape and length according to the build of the finger, upon which it is placed at its outer and upper extremity. It is elongated from the root outward and terminates in the free end.

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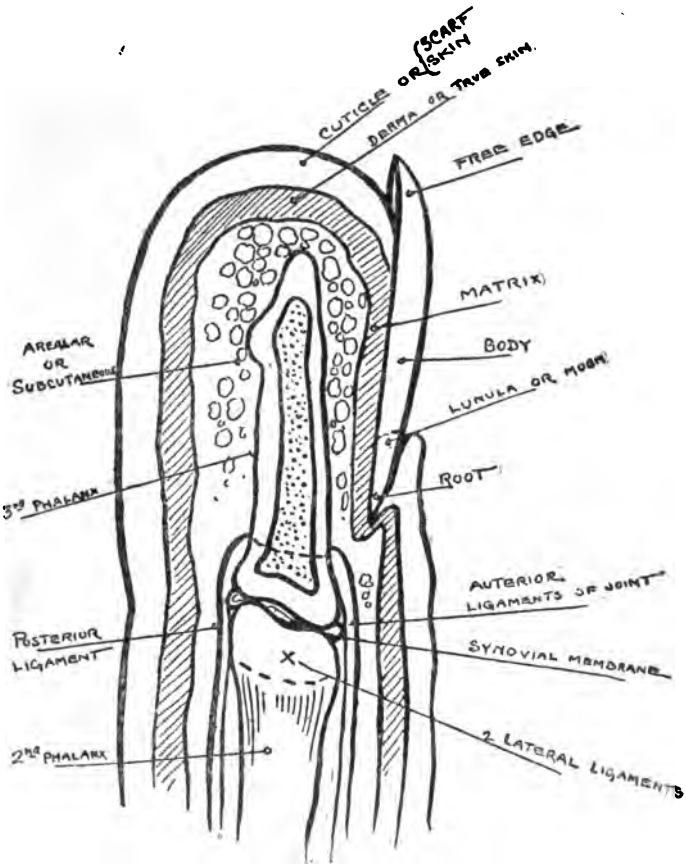

Fig. 2
THE ANATOMY OF THE FINGER

Just above the lower attachment begins the cuticle or scarf skin, which surrounds the horny or protective layer at its sides as well and beneath the free border. The

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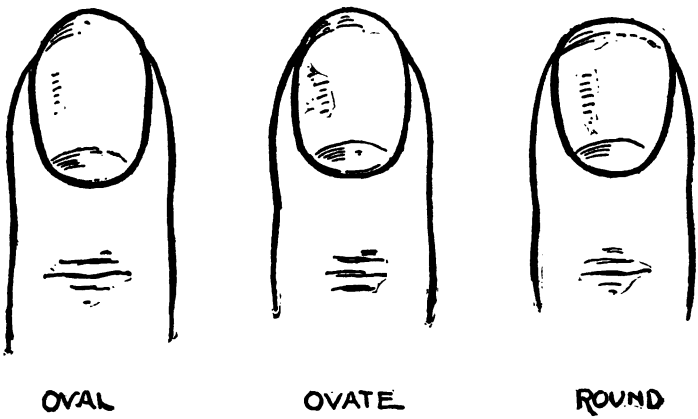

Figs. 3, 4 and 5
CORRECT SHAPES OF NAILS

derma or true skin is highly elastic and tough, containing blood vessels and nerves.

The matrix, that part of the skin below the body and root of the nail, is the part from which the nail is produced. This is thick under the body of the nail and thinner at the root. Under the root will be seen a pale halfmoon-shaped area called the lunula, varying in extent in every individual and finger.

The nail is convexed outward over its body and slightly flattened at the root and free edge.

Figure 2 gives an idea of the association of the various parts of the structures to the nail proper, as well as shows the wonderful construction of the finger at its tip.

Shapes of Nails.—The shape of the finger nails differs in individuals according to the peculiar shape of the finger tips. Some are broad and short and thick; others thin, long, and narrow. In some we find claw-like nails,

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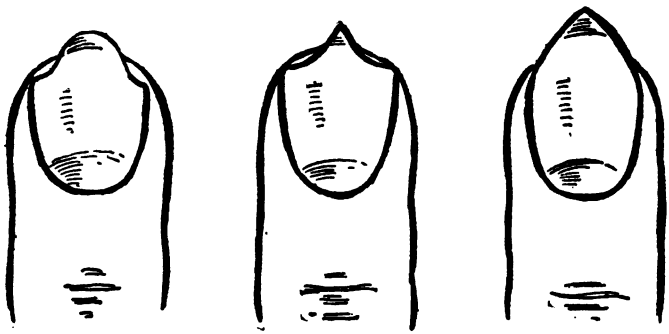

Figs. 6, 7 and 8
INCORRECT SHAPES OF NAILS

pale in color or of a yellowish tint, while in others the nails are ridged from root to edge or across the body of the nail. Some present thick bone-like brittle nails, and others thin flexible ones. These various forms are the result of physical conditions, some due to recent illnesses, others to chronic diseases.

The nails readily indicate the physical state of the owner thereof, and the manicurist of experience soon recognizes the value of such indication. Her observations are often invaluable to her welfare, and while she is not in a position to treat the patient medicinally, she has the advantage of knowing whereof she speaks, a fact never overlooked by her patron.

The care necessary for such abnormal nails, as far as the manicurist is able to overcome the defect, will be discussed after instructions in the general treatment of the nail.

The manicurist can do much to beautify the hand by

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properly shaping or rebuilding the form of a nail. She must know that a short, stubby or fat finger is improved by having the nail long and oval, and that a sharp or tapering finger should have a shorter and less curved nail.

The fanciful shapes of nails so much in vogue a few years ago have, fortunately, gone out of fashion. The rose-leaf and talon shapes had to be given up, because of the constant danger of breaking the delicate points. The oval edge, almond or filbert shape, with the modification of curvature necessitated by the shape of the fingers, is used only at the present time.

In the figures 3 to 8 the correct and incorrect ways of shaping the nails are shown.

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CHAPTER III.

ADVICE TO THE MANICURIST.

Need Not be a Beauty—Appearance—Dress—Cultivate a Happy Disposition—How to Talk to Patrons—Work Conscientiously.

First, be it said, while the notion that a manicurist must be a wonder herself in the way of physical beauty in order to make a quick success is extremely absurd, it is true that she ought always to be particularly neat in appearance, and to be giving the impression of excellent health by clearness of complexion and brightness of eye. Her hair should be simply, not pretentiously, arranged. Avoid having free-flying hairs and wearing gaudy ornaments. Above all, see to it that your own hands and nails be always as near perfection in contour, trim and lustre as your art can keep them, for with these you are earning your livelihood, and they are **always under the close observation of your patrons.**

Dress with simplicity, preferably in dark, plain cloth, and wear a small white apron during working hours, whether working in your own home or an office.

Take, and in a quiet way try to show, a joy in your work. This will cultivate in you an habitually happy disposition which, by communicating itself to those with whom you come in contact, will prove a valuable **asset of attraction; will win people to you and hold them.**

Talk intelligently to your patrons, letting them as a

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rule give the cue for topics of general conversation; but you have always a topic of interest and real value, when you are able to talk well about your special art. Avoid discussing men with lady patrons and vice versa.

Topics of the day gleaned by a glance over the morning paper will usually furnish a satisfactory and safe basis for conversation

Make this a golden rule at all times: **Never talk behind a patron's back, nor compare one with the other in confidence.** The latter may be broken some day and your professional reputation and welfare be destroyed or seriously jeopardized. In other words, mind your own business. Do your work well—better each day. Dismiss your patron, knowing you have performed each step carefully and judiciously, and you will have no cause to fear for your future reputation and success.

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CHAPTER IV.

MANICURING INSTRUMENTS AND PREPARATIONS.

THE following instruments are requisite for the table of the successful manicurist. They will be described as tabulated to give the student a thorough understanding of their peculiar or particular value:

1. Nail Clipper.
2. Curved Scissors.
3. Flexible Steel File.
4. Cuticle Knife.
5. Buffers (large and small).
6. Emery Boards.
7. Nail Brush.
8. Orangewood Sticks.
9. Cushion.
10. Bowl.
11. Cotton Holder.

NAIL CLIPPER.—This is a steel instrument with two curved knife edges, which clip or cut the nail placed between them, when the handles are brought together. It is shown in Figure 9.

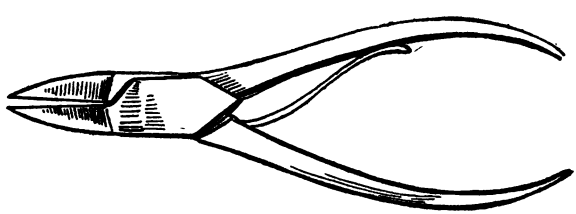

Fig. 9
NAIL CLIPPER

The above clipper is not used often in manicuring for reasons given later. It may also be employed to remove horny or callous skin at the sides of the nails.

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CURVED SCISSORS.—The manicurist should provide herself with the best possible pair of fine steel scissors she can obtain. They should be half curved, with well-meeting, delicate points and a long shank or handle to permit her to see plainly what she is doing. Short scissors brings the operator's hand too close to the work, thus covering the parts to be treated, or interfering with the facility of action. The proper instrument is shown in Figure 10.

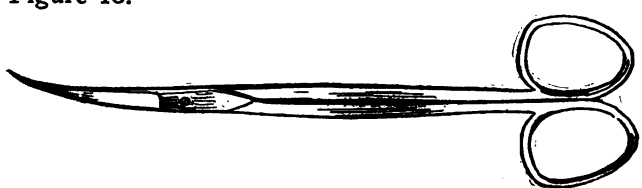

Fig. 10
CUTICLE SCISSORS

Let the operator beware of the so-called "manicure scissors." These are, as a rule, a cheap, clumsy product, with cutting edges that wear out in a week or ten days.

FLEXIBLE STEEL FILE.—This indispensable instrument is very different from the ordinary nail file. It is very thin, shaped as shown in Figure 11, and made very accurate. It may be bent considerably on the flat. These files are made of various lengths and shapes, and are usually sold under the name of French Files.

Fig. 11
FLEXIBLE STEEL NAIL FILE

The one side of the file is fine ribbed and the reverse coarse. The operator will usually become attached to the form and flexibility peculiarly suited to her needs.

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CUTICLE KNIFE.—While this instrument is termed a knife, it is never used as such. Its knife edges are quite dull, as they should be, because it is used more as a scraper for removing cuticle or scarf skin than as a knife for cutting it. The scissors is the cutting instrument of the manicurist. The shape of the knife is shown in Figure 12.

Fig. 12
STEEL CUTICLE KNIFE

The handle of the instrument should be preferably of steel, for hygienic reasons. Ivory and wood do not withstand antiseptic lotions well and become loosened by repeated washing.

NAIL BUFFERS.—Nail buffers are of elongated ovate shape, covered with chamois and having ivory, celluloid or wooden handles. See Figure 13.

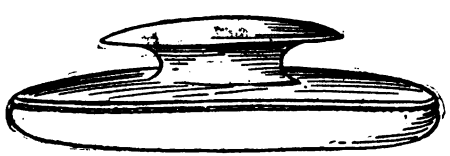

Fig. 13
NAIL BUFFER

The manicurist will need a large and a small one. Their especial use will be mentioned later.

Buffers are used with powder to polish the outer surface of the nails.

EMERY BOARDS.—These are made of flexible wood fibre or thin wood, covered on both sides with emery

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powder or white sand. They are made large and small, and of different shapes, as shown in figures 14 and 15. The large size is usually preferable.

Fig. 14
LARGE EMERY BOARD

Fig. 15
SMALL EMERY BOARD

NAIL BRUSH.—The nail brush of the manicurist should be made of bone or ivory, having long, white bristles and handle. Wooden-backed brushes are unclean and unsatisfactory, and, while cheaper in price, are more expensive in the end. They split easily, curl and look unsightly in a short time. A desirable shape of the instrument is shown in Figure 16.

Fig. 16
NAIL BRUSH

ORANGEWOOD STICKS.—These are sticks of varying lengths, made of orangewood, because of its hardness,

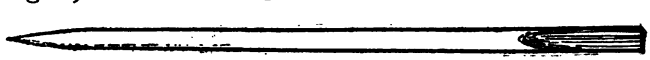

Fig. 17
ORANGEWOOD STICK

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pointed at one end and flattened on the other. They are usually sold in bundles or by the half dozen. They are a much-used adjunct to the armamentarium. See Figure 17.

CUSHION.—This article should be made of heavy white material, about ten to twelve inches square, and sufficiently thick to elevate the patron's hand from the table and to rest the forearm of the customer. It may be stuffed with hair or cotton batting or pine needles, and can be easily made by any one handy with the needle, or bought at a small cost.

The cushion must at all times be covered with a clean, small square towel for each patron.

BOWL.—This vessel for immersion of the hand should be round, of glass, preferably of plain design, and large enough to hold about a quart of water.

COTTON HOLDER.—This is another desideratum. Nothing is more objectionable than to see an operator pull pieces of cotton out of a paper parcel in the drawer of her table, wherein it lies loose and exposed. A holder in the form of a white powder jar may be filled with teazled absorbent cotton, from which little pledgets may be taken as needed. The box should have a suitable cover.

A glass jar with ground-in salmouth stopper makes a neat holder.

The necessary preparations of the manicurist are:

1. Castile Soap.
2. Borax.
3. Nail Bleach.
4. Nail Powder or Polish.
5. Nail Cream.
6. Cold Cream.
7. Styptic Pencil.
8. Tincture of Benzoin.

CASTILE SOAP.—This kind of soap is the purest and least objectionable to all patrons. Perfumed soaps are

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not pure as a rule, and therefore are objectionable. While some may like their odor, others will not. Therefore a neutral soap is indicated.

The white castile soap is best for use in this line of work. It is procurable at any druggist's, and should be seasoned—that is, hard, so that it will not be used up too readily. Its use has another advantage—it is cheap.

Borax.—This is known chemically as borate of sodium. For use in manicuring it should be pure. It may be obtained at a druggist's as washed borax. Grocery store products should be avoided—borax is cheap enough to warrant buying the very best. Its use will be mentioned later.

Nail Bleach.—The principal ingredient of nail bleaches is peroxide of hydrogen, although some operators still use a solution of oxalic acid. The most satisfactory bleach is made as follows:

NAIL BLEACH

℞ *Hydrogen Peroxide* ..... 1 oz.
Ammonia ..... ¼ "
Fresh Lemon Juice..... ¼ "

Mix the above and keep in a dark, glass-stoppered bottle. The mixture can be made without the lemon juice in larger quantities, but since the whole can be readily prepared in a few moments it is hardly necessary to have a large quantity in stock, especially as so little is required for each patron.

Nail Powder or Polish.—This powder can be readily made by the manicurist. It is used with the buffer to polish the surface of the nail.

Several formulas have been used from time to time, consisting principally of talcum and starch powder, but

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the best product, usually sold in fancy containers with import labels, is composed of the following:

NAIL POWDER

℞ *Oxide of Tin*..... 4 *dr.*
Boric Acid ..... 2 *dr.*
Talcum Powder ..... 2 *dr.*
Oil of Lavender ..... 20 *drops*
Oil of Violet ..... 20 *drops*

Rub the above ingredients together in a mortar or porcelain bowl, or shake thoroughly until well mixed.

If a light pink or rose color is desired in the above, add

Tincture of Carmine..... 10 *drops*

and again mix until the color is uniform throughout.

Another nail polish is made as follows:

NAIL POLISH

℞ *Oxide of Tin*..... 8 *oz.*
Carmine .... 10 *gr.*
Oil of Lavender..... 15 *drops*
Oil of Bergamot..... 15 *drops*

Oxide of tin being the principal ingredient, either formula may be used, the first being antiseptic, and the latter differing in fragrance. Both are equal as to their polishing merit.

NAIL CREAM.—This preparation is one of the dainties of the manicure table. A small quantity is prepared, as very little is needed. It is kept in a small porcelain jar. The following is a fine combination:

NAIL CREAM

℞ *Pure Cold Pressed Leaf Lard*..... ½ *oz.*
Tincture of Carmine..... 1 *dr.*
Tincture of Benzoin..... 15 *drops*
Oil of Bergamot..... 30 *drops*
Oil of Cyprus..... 15 *drops*

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Rub the tincture of benzoin and lard together and incorporate well; then add the carmine, blending it well by rubbing, and last the perfume.

Cold Cream.—The standard ointment of rosewater, as prescribed by the United States Pharmacy law, will be quite satisfactory. If the manicurist, however, desires to manufacture her own, the following formula will be found excellent:

COLD CREAM

℞ *Rosewater* ..... 4 oz.
Almond Oil ..... 4 "
Spermaceti ..... 1 "
White Wax ..... 1 "
Tincture of Benzoin ..... 1 dr.

Melt the wax and spermaceti and almond oil together in an earthen dish over a slow fire until the ingredients form an even mass. Then stir with a glass rod to mix thoroughly. Continue stirring and add the rosewater, pouring it in slowly, until a creamy appearance results. Then add the benzoin. Allow to cool and put up into small wide-mouthed porcelain or glass jars.

Styptic Pencil.—These pencils are usually made of alum or a crystal or lump of alum may be used. Their object is to stop any bleeding that might be caused by an accidental injury from the cuticle knife or scissors.

Tincture of Benzoin.—The simple tincture is employed. By adding a small quantity of water it is rendered slightly cloudy or milky. It is used especially in the water of the finger bowl, to which about ten drops are added.

The object of the benzoin is to render the water slightly antiseptic, as well as to give it the agreeable, aromatic odor of the benzoin gum. Benzoin is also a moderate stimulant to the skin; that is, it brings the

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blood to the skin, therefore giving it a better color, particularly required in pale persons, whose finger nails are extremely pale. Its use in water can be repeated daily in such cases.

NAIL ROUGE.—While nail rouges are often used to color nails, it is considered bad practice and is looked upon as vulgar by the community. When requested to rouge the nails, however, the following formula answers well:

℞ *Alkanet Root (ground)*..... 2 *dr.*
Soak in Diluted Alcohol..... 2 *oz.*

After several days strain through fine muslin. The mixture makes a splendid tincture. The latter, painted upon the nails, will give a rosy hue to the nail and is absolutely harmless.

NAIL VARNISH.—Many mixtures have been used to varnish the finger nail when thought necessary. The habit is rather vulgar and not resorted to much at the present day, but when called upon to use it the manicurist will do well to employ the following:

℞ *Tincture of Benzoin*..... ½ *oz.*
Alcohol ..... ½ *oz.*

Mix and paint upon the nail with a fine camel-hair pencil, after the second polishing, and allow to dry on. The resulting light gloss will remain on for at least a day.

THE MANICURE TABLE.—The table of the manicurist must be placed where there is sufficient light to enable the operator to see her work to the best advantage. This is absolutely necessary, both for the sake of her eyesight and to accomplish satisfactory results. Therefore the

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table should be placed as near a window as possible. Artificial light is not as good as daylight for the work.

The right kind of a table to use is one of wood, enameled white or finished in so-called mission style. Its top should measure 1½ x 2½ feet, and its height be somewhat lower than the ordinary table to bring the hands into comfortable working distance.

There are many kinds of such tables on the market, ranging from those with nickel-plated or iron enamelled legs, and with marble or glass tops, to the ordinary

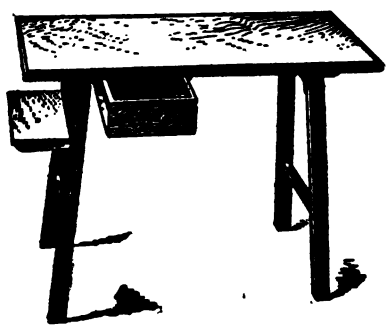

Fig. 18
THE MANICURE TABLE

wooden structure. Any table is satisfactory, however, if kept perfectly clean and recovered with clean towels as necessary. The general type of table is shown in Figure 18.

The table should be properly prepared with a covering of clean towels. There should be one towel allowed for the hands of the patron. A small, clean towel is placed over the cushion.

The various articles employed are placed so they may be taken up readily without awkward twisting or turning. It is a good rule to place the creams and liquid

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preparations at the edge of the table nearest the window, to be handy and yet out of the way.

The cushion is placed to the right, and the glass bowl on the left. It should be half filled with water made soapy with a little castile soap, and to which has been added a pinch of borax or a few drops of benzoin. (The former softens the nails and skin and makes them more amenable to treatment.)

The nail brush and castile soap, on a suitable porcelain dish or tray, should lie close by. The instruments should lie upon the table to the right of the cushion.

All bottles, such as those containing the bleach and tincture of benzoin, should be kept where they cannot be knocked over with the moving hands. With the jars of cold cream, nail cream and nail-polishing powder, this is not likely to happen if jars of small size are used. Never employ a jar over a one-ounce size, and choose one either of plain white porcelain or glass of some neat design.

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CHAPTER V.

TREATMENT OF FINGER NAILS.

Details of a Normal Operation—Treatment of Abused and Abnormal Nails: Nail-biting, Bruised Nails, White Spots, Fragile Nails, Ridged Nails.

FILING THE NAILS.—It is very rarely necessary to use the scissors or the clipper for cutting a nail down to near its desired length. The shock of cutting or clipping tends to thicken the nail itself and render it less beautiful. In extreme cases, where the nails have not been attended to for some time, the clipper may be used, but if the patron is to continue treatment do not use it thereafter.

The nail file is the only proper instrument for trimming the nail. It should be lightly held between the fingers of the right hand on the upper surface of its handle, supported by the thumb beneath.

Before using the file on the nail have the patron place both hands within the bowl of warm water long enough to have the skin and nail soften slightly.

Remove the right hand from the water, and dry it gently with the extra towel placed close by for this purpose. In doing this, do not rub the skin of the hand, but rather press the towel upon the fingers, removing the moisture. Do this, working from the wrist down to the finger tips.

Have the patron rest her arm upon the cushion, then take the index or first finger between your thumb and

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second finger of your left hand, placing your index beneath the patron's to support it, and trim the nail down by filing from the outer sides toward the centre, never from the centre to the corners, because the file is liable to scratch and roughen the delicate skin.

File the nail down to its proper shape and length, remembering the law pertaining to styles peculiar to individual hands.

Do not file the nail too short. It should extend about one thirty-second of an inch beyond the finger tip.

Repeat the filing of each finger in the same manner and then the thumb.

This done, remove the left hand from the water, putting the one just worked on back into it.

File the nails of the left hand in the same manner and rotation as the right, using your best care to make the nails of both hands as near alike and perfect in the shape you have decided on as you can.

This hand finished, the right hand is taken from the water. Move the bowl to the other side of the table, so that the patron can keep her left hand—the one just finished—in the water.

The right hand should now be dried as before described. You will find that the nails and skin have now become quite softened from the second immersion of the hand. The next step is to clean and bleach the nail.

Cleansing the Nails.—The hand having been well dried, a small amount of absorbent cotton is wrapped around the sharp end of the orangewood stick and dipped into the water in the bowl, or, better, the bleach.

The swab is then gently rubbed under the free edge of the nail to remove what foreign matter, dirt or stain, it may have retained after the immersion, beginning as before with the index and finishing with the thumb.

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The manner of holding the stick and the position of the hands of both operator and patron are shown in Figure 19.

In performing this step the operator must be careful not to injure in any way the delicate cuticle or scarf skin below the free end of the nail.

It is good practice also to swab over the entire surface of the nail with the bleach to remove any discoloration there or in the adjacent skin.

Having assured yourself that the nail and underlying tissues are perfectly clean, wipe the finger tips dry with a pledget of absorbent cotton and proceed to smooth the edges of the nails with the emery board.

Use of the Emery Board.—Look upon the emery board as a file. It is practically the same thing, but finer and more delicate. It is really a delicate sandpaper process.

Proceed as with the file to remove all roughness with the emery board, working from the outer edge toward the centre at all times.

Look carefully to all hangnails, or agnails, as they are called, and if present remove them with the emery board, leaving the entire free edge of the nail regular and smooth.

Before leaving the finger draw the emery board lightly over the upper surface of the edge of the nail, working toward you or in a line with the nail. This smooths or thins down the edge of the nail, thickened somewhat by the filing process.

One or two of such strokes are sufficient to accomplish the desired result.

Take up each finger and the thumb in the order heretofore mentioned.

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Fig. 19

Fig. 20

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REDUCING THE CUTICLE.—The next step is to reduce the cuticle at the base of the nail, so as to expose as much as possible the halfmoons.

For this purpose use the flat end of the orange stick and, holding the finger as in filing, gently crowd back upon the finger the cuticle that has grown upward on the lower section of the nail.

Do not use force for this method, as it is easy to injure the delicate skin and to cause pain to the patron, also to make the parts bleed.

If bleeding should result, the mere touch of a styptic pencil of alum or a crystal of alum applied for a moment will stop it.

Repeat the process of loosening the skin of each finger and thumb, then take up the cuticle knife, as shown in Figure 20, and scrape away the loosened skin.

If you find the skin does not come away readily, use the cuticle scissors and cut it away carefully, leaving it free of all rough edges. In doing this do not injure the nail in any way, as it is likely to leave scars and ridges that will take weeks to grow out, and may even cause permanent disfigurement of the nail.

If the cuticle is so plentiful and thick that it cannot be removed satisfactorily at the first sitting, leave it for the next, when a happy result may be obtained.

Treat each finger in like manner; then, taking the left hand out of the water, dry it and repeat the same operation. Then rub a little cold cream upon the nail and upper surface of the finger end.

The right hand should not be placed in the water during this time. The patron may lay it upon the table or rest it in any position desired.

Having finished the left hand in like manner, again take up the right, look over each finger, and with the scis-

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sors remove all ragged edges of skin, callouses or overgrown scarf skin at the sides of each nail. Repeat this with the left hand.

This motion leaves the fingers about the nails smooth and neat, giving great satisfaction to the patron. Assure yourself of the neatness of your work by rubbing your own index finger tip downward toward the finger of the patron, so that if any free edges of skin have been overlooked they will be roughened up and show. If any, remove them with the scissors.

Having satisfied yourself that nothing thus far has been overlooked, again take up the right hand, rub off the cold cream from the finger tips and nails with the towel, always rubbing toward you or from the base of the nail toward the free edge.

Bleaching the Nails.—The next step is again to bleach the nails preparatory to polishing.

While this is not always necessary, since it is the second application of the bleach, it is often found necessary to resort to it in bad cases. It is done simply with a piece of cotton wound upon the flat end of the orange stick dipped into the bleach and wiping thoroughly over the body of each nail of both hands.

It is well to bleach the under side of the free edge of each nail at the same time, as most of the stains will be found there.

The nails of both hands finished, place the right in the bowl of water and, with the nail brush, scrub the finger ends, freeing them of the bleach and other matter. Take the hand out of the water, letting the left take its place.

Dry the right hand thoroughly and proceed as follows:

Polishing the Nails.—Having dried the hand with

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Fig. 21

Fig. 22

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firm pressure, as described before, dip the small buffer into the nail powder and, holding the index finger as shown in Figure 21, rub the buffer briskly over the body of the nail in a lateral or side to side direction, never from base to tip.

This operation will usually make the nail matrix tingle and bring the blood forward and color the nail deeply. This is to be desired, since it gives vitality to the parts and improves the nail growth.

Repeat this operation with each finger.

The right hand finished, dry the left and proceed to polish the nails as with the right preparatory to the second polish.

Having buffed the nails of both hands, again place the hands in the bowl of water, and, with the nail brush and a little soap. scrub the finger tip well, working from the base of the nail toward the free edge. This removes the powder from the nail and crevices.

Again dry the hands and, beginning with the right hand, wipe a little nail cream over each nail with the tip of your right index.

Dip the large buffer in the nail powder and again buff or polish each nail from side to side, using a lighter touch, however, than used in the first buffing.

Treat each nail separately and thoroughly until the lustre of the nail is satisfactory.

Having polished all the nails as described, again dip both hands into the water and dry them well.

Then, rubbing a little of the nail powder into the upper part of the palm of your hand, burnish or buff each nail again from side to side, as shown in Figure 22.

Wiping off gently each finger nail with a piece of absorbent cotton concludes the operation.

The manicurist will often be called on to treat abused

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and abnormal nails. The following directions will be of value:

NAIL-BITING.—This very bad habit is due to nervousness. Mothers should look to their children and use every means to prevent this deplorable affliction by painting the finger tips daily with tincture of aloes or wrapping them up with bandages or strips of red flannel.

If the habit has remained to maturity nothing will correct it as much as careful manicuring. If the nails are kept even and somewhat shorter than the usual nail, the patron will not be inclined to bite them.

BRUISED NAILS.—A bruised nail may be prevented from turning black with clotted blood by immersing the finger tip into as hot water as can be borne for at least half an hour.

The finger tip may then be covered with a layer of hot antiphlogistin or a pledget of cotton dipped into hot witch hazel wrapped around the member, allowing to remain on over night.

Either of these applications is removed the next morning, leaving the patron to rest the finger for a day or two to allow it to get back to its normal state.

WHITE SPOTS.—White Spots or Gift Marks may be removed from the nails with the following:

℞ *Refined Pitch* ..... ½ *oz.*
Myrrh ..... ½ *oz.*

Under heat melt the two ingredients and when thoroughly mixed by stirring pour into a jar. Apply to the nails at night and remove each morning with a little olive oil on absorbent cotton.

FRAGILE NAILS.—Fragile and brittle nails are due to a lack of lime in the system. Medical treatment should

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be advised; at the same time the following method will help.

℞ *Table Salt* ..... 30 *gr.*
Almond Oil ..... ½ *oz.*
Powdered Resin ..... 30 *gr.*
Powdered Alum ..... 30 *gr.*
White Wax ..... 80 *gr.*

Melt the wax and resin together over a gentle fire, stirring constantly; then add the oil, salt and alum in succession. When thoroughly mixed pour into a porcelain jar and apply to each nail with a piece of cotton and allow to remain on as long as possible. Use at least three times a week, or daily if possible.

Ridged Nails.—If the nails are ridged or fluted they should be dipped daily into the same mixture given for the care of fragile nails, and held therein as long as convenient, once each day for a week or two, or until the nails have taken on a normal appearance. Polishing powders should not be used during the time the nails are under treatment.

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CHAPTER VI.

CLASSIFICATION OF HANDS.

The Three Classes—The Seven Types—Character in Each—Shaking Hands—Character in Shake—Right-handedness a Puzzle.

HANDS may be broadly considered as falling naturally into three markedly different classes—

The Long Bony Hand
The Short Plump Hand
The Little Slender Hand,

but there are many which range between these, partaking in more or less degree of the characteristics of each other. A hand may be long and thick; may be long and slender without obtrusive boniness; may be little and bony or little and plump; may be long in one part and short in another; may start as the hand of an artisan and taper to the hand of an artist. Nature revels in variety; no two leaves are exactly alike.

The hand, regarded apart from the claims of palmistry, which professes to read its inner surface and reveal the secrets traced on those fine lines and webs, is believed by many to give roughly a fair indication of character or temperament, when it can be clearly classified in one of the large general groups.

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SEVEN TYPES OF HANDS.

From the chirognomic standpoint, seven types of hands are generally distinguished:

(1) The hands of people who are coarse, idle and indifferent, with sluggish imaginations, or the "elementary hand," with broad, thick and hard palm, strong and big fingers without suppleness and a thumb that bends outward.

(2) The hand shaped like a washerwoman's beater, or the "worker's hand," with the big thumb and broad finger tips, characterizing workmen, men of business and those who deal in figures and are devoid of artistic ideals.

(3) The "conic hand" with tapering fingers and an average palm, or the "artistic hand," is the hand of the writer, artist, sculptor or dramatist. The thumb in this type may have various forms, and this has led to the recognition of three sub-types, characterizing enthusiasm, cunning and voluptuousness. Abélard and Francis I. had artistic hands.

(4) The square and angular or the "useful hand" is the index of a methodical mind. Perseverance, regularity, punctuality are their most pronounced characteristics. The fingers are neither broadened nor tapered, but square. This is the hand of the faithful employee, and also the hand of the slave. Boileau, Turenne, Vauban and probably Richelieu had the "useful hand."

(5) A broad palm with spread and nodose fingers slightly oval at the tips is the "philosophic hand" of the great thinkers of the eighteenth century.

(6) The "psychic hand" is the finest and rarest. It is harmonious, light and delicate, small, with flexible,

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tapering fingers and a small, narrow thumb. Thin nails, rather narrow palm. Such a hand denotes persons of rare intelligence, idealists, men with a mission and unselfish minds. Jesus, Plato, Jean Jacques Rousseau and Chateaubriand probably had this type of hand.

(7) So rarely is any type found with all four fingers shaped the same that palmists put the variations together in a classification which they call the "mixed hand." It represents indefinite types and is a hand which "may lead to anything."

The bony hand with little flesh on it is thus taken to indicate activity and, in educated or half-educated persons, executive or administrative ability—often with a love of power connoted by its powerful grasp.

Cæsar is accredited with such hands, and Cortez, the Conqueror of Mexico, who showed, after that marvelous seizure of an empire with a small army, an almost equally vast ability in reorganizing and managing it. In our own history the most conspicuous examples of this kind of hand were furnished by Presidents Andrew Jackson and Abraham Lincoln, although the latter had no love of power for its own sake or special delight in exercising it as had Jackson. Professor Fowler comments thus on this kind of hand: "If it gives you the clasp of friendship or of love, you may depend on it to make good to the utmost. If it be lifted in menace, beware! Whatever its purpose, it is not easily turned aside."

The short plump hand generally accompanies a vivacious temperament and a quick mentality. Liberality of conduct and of opinion go with it, sometimes degenerating into laxness. The friendship or the love its hearty, warm and vital grasp attests or suggests as

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potential, may not always be so lasting as that which is hid in the long hand, and in mental pursuits the same holds good. The owner of such a hand is versatile, and is apt to turn quickly from one line of thought or action to another that excites interest.

The little slender hand in man or woman connotes an exquisite nervous system as predominant for temperament, and a mental adaptability to fine work in which light tools are used, such as the jeweler's occupation.

This kind of hand is the frequent mark of poets, those jewelers in words, and of painters and of composers; not so frequent of actors or players of music. It is the hand of Nature's aristocracy; the hand that instinctively avoids, and hates the sense of soilure. Along with its many variations of approximation to the plump hand, it particularly belongs to women of refinement: but it must be remembered that a large hand in a woman, if in proportion to the size of the body, is no disfigurement or mark of masculinity, and may, if cared for properly, equal or even eclipse the beauty of the small and slender hands which, as the poet remarks, can so easily, when put together, compose "a cup of caresses." And as for the point of slenderness, the plump and dimply hand is by many preferred.

RIGHT-HANDEDNESS A PUZZLE.

The interesting question, Why are we right-handed? has never been answered to scientific satisfaction. There is nothing, anatomically speaking, in the structure of the right hand to account for the decided preference.

Possibly in the duels of primitive man, before the idea of a regular shield came to him, the left hand was

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more used to cover and guard the heart, while the right was more in fighting action, and so the use of the right in most other things finally came to predominate.

We incline to the opinion that the superiority of the right hand, or its more frequent use and usefulness, was not original, but is an acquisition through the habit of countless ages, since all men are not right-handed; a considerable percentage naturally using the left, and another considerable percentage using the left for a certain number of actions.

For example, a good many otherwise right-handed men and women use the left more than the right in dressing, and some are both-handed or ambidextrous, either hand performing all functions with equal ease.

Ambidexterity can be cultivated in all young persons and the left hand trained to just as high a degree of strength and of skill as the other.

In this connection it is worth noting that Jewish history has reference to special bands or regiments of left-handed or of both-handed men. The twentieth chapter and sixteenth verse of Judges, for example, says that of the tribe of Benjamin were "Seven hundred chosen men left-handed. Every one could sling stones at a hairbreadth and not miss." In this particular case the slingers appear to have been picked men and a superiority of the left hand seems implied.

The all-but-universal right-handedness is itself a CAUSE of a very remarkable fact. The right hand and side of the body generally is given its nerve power by the LEFT side of the brain. Now, constant movement of the right hand in the child has the effect of developing the LEFT brain. The result is that of the two "speech centres" (one on the left side and one on the right) only the one on the left side is developed;

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and we only use that one all through life. If it is injured we are dumb, although we have another exactly like it on the right side and quite uninjured! If we are not too old at the time of the accident we can still learn to use it. This fact has been of great use to physicians when operating on the human brain and in their treatment for defects of the speech and kindred diseases.

Let the student note here that, as the right hand is more in use, it follows that nail-growth and texture is more subject to accident; although the nail, partaking of the condition of the skin of the hand, might be firmer. If the patron has any manual occupation, for example, one who uses the pen constantly or any tools that tend to flatten the tips of the fingers and to spread the nail, extra attention to the manicuring of the nails of the hand most in use will be indicated. This would particularly apply to those who for years are daily thumping a typewriter and those who work as demonstrators by pounding a piano hour after hour; also to professional pianists, and women more than men.

Frequently by continuous frequent manicuring a tendency toward flattening or spreading of the nails can be held in check.

These are minute points, but the more intelligent your patron, the more such minute points, when presented and worked upon by the operator, will be gratefully appreciated.

SHAKING HANDS.

The custom of shaking hands is not universal. The Chinese on meeting or parting, or when introduced, put their own hands together, one clasping the other across, and bow.

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Other races there are who touch foreheads instead of shaking hands, and some rub noses. But even among the ancient Orientals this hand-shaking way of showing amity obtained. In the Bible, Jehu says to Jehonadab: "Is thy heart right as my heart is with thine heart? If it be, give me thine hand." The Romans, when they made a treaty or confirmed an alliance, formally, in a strenuous manner, "struck hands" with the other party.

Hand-shaking would seem not to be a fashion, although there are many fashions or modes of doing it, but an action prompted by nature, through which, as Professor Fowler well puts it, there is in "the contact of sensitive magnetic surfaces an intercharge of feeling in something more than a mere figurative sense."

CHARACTER SHOWN IN A SHAKE.

While it is not, of course, a part of the manicurist's business to teach people the way to shake hands properly, knowledge on that subject may occasionally "come in handy." Character is often evinced both by the condition of the hand and the kind of handshake given.

If one extends the hand with seeming reluctance and then draws it away as quickly as decently possible, this, unless done purposely as an intimation of some grievance against the person, would indicate a selfish nature or a general coldness of heart.

When one's hand eagerly seeks yours with a warm, throbbing grasp and appears loth to let go of it, that marks a man or woman really genial or desirous of being congenial; one quick to sympathize and ready to

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help with counsel or with deeds, if need be, and as far as one can.

A quick, firm grasp hints at ardor of character, practical force, executive ability. A languid pressure, however warm the feel, ordinarily implies just the opposite, or a lack of strength in various directions.

To hold out listlessly or to lay a few damp or cold fingers in yours to be shaken by you is either an indication of their imperfectly circulating blood or that plus a foolish fancy of being exclusive and in the height of fashion.

In other countries and in olden days, when aristocracy believed more in itself than it now does, a fine gentleman was in the habit of extending a single finger, or sometimes two, if inclined to be particularly gracious, to an inferior in rank or a person of the same rank much younger.

The writer in early youth beheld some singular instances of this now happily obsolete insolence. He even saw an old beau with a ruffled shirt like a cock-swan in full sail extend a jeweled finger for an oldest son to shake, and the son shook the digit quite dutifully.

Even as late as the time of Cleveland's administration an old lawyer who was a Cabinet member offered the writer, who had known him for many years, one long legal finger.

Needless to say the proffered honor was ignored, as all such absurd assumptions of superior dignity should be by self-respecting women and men. "Refinement and true gentility," as Professor Fowler admirably says, "give the whole hand, and respond cordially, if at all."

Almost every emotion can be expressed by the hand-

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shake, or almost every attitude of mind. Affection, sympathy, respect, forgiveness, the ardor of a sudden tender passion, even profound and unshakable love itself, are all within its range of rich expressiveness.

And just as the laying of hands has been, and is, one of the rites believed to impart a holy impetus, and the touch of a King's hand to heal scrofula, so to-day there are some persons of such vibrant, magnetic wholesomeness that they seem in shaking hands to give away generously some of their own vital vigor—in fine, to radiate health.

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